

Objectives	Course Content	Learning Activities
	<ul style="list-style-type: none"> <li>F. Fats, Oils and Sweets Group               <ul style="list-style-type: none"> <li>1. Provides                   <ul style="list-style-type: none"> <li>a. little to no nutritional value</li> <li>b. high in calories</li> <li>c. use sparingly</li> </ul> </li> <li>2. No recommended servings or serving sizes</li> </ul> </li> </ul>	
6.3 Define a therapeutic diet and recognize the need for alterations in a regular diet.	III. Therapeutic Diet	
6.3.1 List three purposes of a therapeutic diet.	<ul style="list-style-type: none"> <li>A. Purposes of therapeutic diets               <ul style="list-style-type: none"> <li>1. Add or eliminate calories to cause a change in body weight</li> <li>2. Assist with digestion of food by taking foods out of the diet that irritate the digestive system</li> <li>3. Restrict salt intake to prevent or decrease edema</li> <li>4. Help body organs to maintain and/or regain normal function</li> <li>5. Treat metabolic disorders by regulating amount of food</li> </ul> </li> </ul>	Hand out examples of sample menus for discussion.
6.3.2 Discuss the types of therapeutic diets that the physician might order for a resident.	<ul style="list-style-type: none"> <li>B. Types of therapeutic diets               <ul style="list-style-type: none"> <li>1. Clear liquid</li> <li>2. Full liquid</li> <li>3. Bland</li> <li>4. Restricted residue</li> <li>5. Controlled carbohydrate (Diabetic)</li> <li>6. Low fat</li> <li>7. Low cholesterol</li> <li>8. Low calorie</li> <li>9. High calorie</li> <li>10. Low sodium</li> <li>11. High protein</li> <li>12. Mechanical soft, chopped, pureed</li> </ul> </li> <li>C. Residents may have difficulty accepting special diets.</li> </ul>	